

# If You Are Being Battered

(or know someone who needs help)

- Report violence to the Military or civilian Police by calling:  
785-239-6767 (Ft. Riley)  
911 (Manhattan / Junction City)
- Seek safe shelter if you feel you are in physical danger by contacting the Crisis Center, Inc at 1-800-727-2785
- Seek Victim Advocacy Services by contacting the Victim Advocate at **785-239-5484/9435**

## The Victims Advocate can help you:

- Find safe shelter
- Establish a Safety Plan
- Learn About Domestic Violence Prevention
- Access information about spouse benefits & legal assistance
- Provide CRC Representation
- Accompany clients to meetings with :Commanders, lawyers , and police
- Help secure **Protection From Abuse (PFA)** and **No Contact Orders**
- Crisis Intervention
- Family Assessments
- Medical Referral
- Counseling Referrals
- Empowerment Skills Training and Support Groups



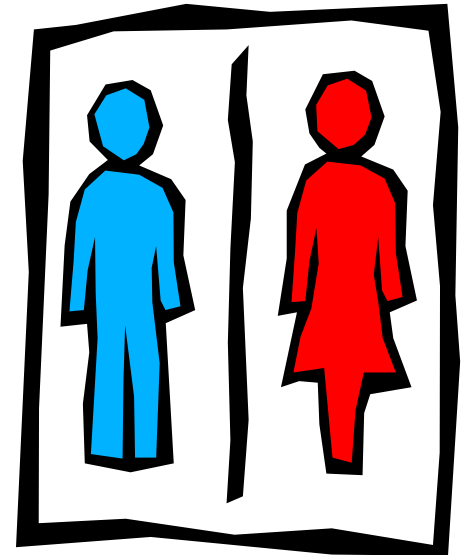
**Your Safety Is Our Concern**



Soldier and Family Support Center  
Bldg. 7264 Normandy Drive  
Fort Riley, Kansas 66442

**Victim Advocacy Services**

## Victim Advocacy Services



## Assisting Family Members in Crisis

**We Can Help You !**

**Family Advocacy Program  
Victim Advocacy Services  
Building 7264, Normandy Drive  
Ft. Riley, Ks 66442 -6421 785-239-5484**

## YOU ARE NOT ALONE

Millions of people just like you are dealing with violence at home. Although usually well hidden, domestic violence is very common and affects people from all walks of life.

However, the military maintains a **Zero Tolerance Policy** for spouse and child abuse in our communities.

All soldiers and family members have a right to live with out fear in their own homes.

When commanders and Family Advocacy learn of suspected family abuse; they will use military resources to stop the violence, protect victims, and provide intervention for offenders. Our primary goal is **Safety First!**

While all couples experience conflict, couples must resolve differences without resorting to violence.

Physical contact during arguments by either person is **Against the law** on Ft. Riley and off- post in the state of Kansas.



## DOMESTIC VIOLENCE

**Includes:** Slapping, pushing, shoving, punching, kicking, destroying property and cutting/ pulling a spouses hair, etc. Both males and females may be arrested on and off post if they engage in such behaviors.

### WARNING SIGNS

- Attempts to control or isolate spouse
- Extreme jealousy and possessiveness
- Abuse of alcohol or drugs often leading to heated arguments
- Controlling and self-centered behaviors
- Loses temper easily and frequently
- Frequent threats to physically harm partner
- Embarrasses spouse in the presence of others
- Blames spouse for ruining military career if help is sought
- Frequently restricts spouse use of family transportation and finances

## FAMILY SAFETY

Safe and strong families take commitment and hard work to maintain through all of the unique stressors and challenges that often confront military families. Family Advocacy offers classes, and makes referrals to services designed to promote healthy family relationships.

If your family is frequently in conflict; then get help **now** before someone gets hurt. If you have children who are being exposed to marital violence, then please understand that they too are being hurt. Take the steps toward healthy and safe change **today**. Family members have a right to be safe at home.

### PERSONAL BILL OF RIGHTS

1. The right to be treated with respect
2. The right not to take responsibility for anyone else's problems or bad behavior
3. The right to get angry
4. The right to say no
5. The right to make mistakes
6. The right to your own feelings, opinions, and convictions
7. The right to change your mind or decide on a different course of action
8. The right to negotiate for change
9. The right to ask for emotional support or help
10. The right to protest unfair treatment or criticism
11. The right to live free from bodily harm